

Adult Classes

Controlling Your Finances

A common sense approach to everyday financial concerns. Learn how to save money, plan spending, eliminate debt, and understand investments and retirement planning. Bring note taking material and calculator. Fee: \$34.

KFIN-1A 18yrs+ Th 2/13-3/6 6:30-8:30pm KRC

Coupon Sense Workshop

Save money on all your grocery bills! Learn the advantages of using coupons and how to save money every time you shop! (As seen on Channels 3, 12 and 15.) Fee: \$10.

KCPN-1A 18yrs+ Sa 1/25 10:30am-12pm KRC

KCPN-2A 18yrs+ Sa 2/22 10:30am-12pm KRC

Herb Gardens

Did you know that herbs can increase the fragrance of flowers and the sweetness of tomatoes? Some herbs can repel insects and other pests and be used as hedges and lawns. This class will give you all these answers. Fee: \$10.

KGAR-1A 12yrs+ W 2/26 6-7pm KRC

Introduction to Irrigation

Proper irrigation provides a healthy environment for plants. Find out how to install, maintain or fine-tune your watering system. Learn great tricks to save money and time. Fee: \$10.

KGAR-3A 12yrs+ W 2/19 6-8pm KRC

Introduction to Landscaping

Learn the proper steps to landscape design including plant selection, plant placement, maintenance and more! Fee: \$10.

KGAR-2A 12yrs+ W 2/12 6-7pm KRC

Power Talk, Cons and Strangers

Learn the 10 most common language manipulations used by cons and dangerous strangers to gain familiarity, trust and control and what you can do to protect yourself. Fee: \$20.

KPOW-1A 15yrs+ W 2/19 7-9pm KRC

Power Talk, Acquaintances and Dating

Recognize the language and behavior games used by dangerous acquaintances and in early dating relationships and what to do about it. Learn about the "progressive" game used by these predators to gain familiarity trust and control. Fee: \$20.

KPOW-2A 15yrs+ W 2/26 7-9pm KRC

Sign Language

Learn to communicate using American Sign Language. Class will cover the alphabet and phrases using handouts, games and activities. \$5 supply fee due to instructor on first day of class. Fee: \$34.

KSIGN-1A 18yrs+ W 1/15-3/5 6-7pm KRC

Boating Safety Course

This class taught by Arizona Game and Fish, is your passport to the open waterways. Learn about boating regulations, handling boating accidents, code violations, navigation, trailing watercraft and more! Fee: \$5.

KBS1-1A 16yrs+ T/TH 3/18&3/20 6-10pm KRC

Spa Treatment Series

Discover how to make a new spa treatment each week with products you already have at home! Create and learn how to use salt glows, bath salts, face masks and powders. Fee: \$39.

KSPA-1A 18yrs+ M 1/27-2/24 7:30-8:30pm KRC

*no class on 2/17

Hatha Yoga with Desiree Lewis

Learn the practice of Hatha Yoga, which involves a series of postures that exercise every part of the body, stretching joints, toning muscles, strengthening the entire skeletal structure, and massages the internal glands and nerves to maintain glowing health. Fee: \$55. *Bring mat or beach towel.

KYOG-2A 12yrs+ T 1/14-3/4 10-11:15am KRC

KYOG-3A 12yrs+ Th 1/16-3/6 10-11:15am KRC

Stretching Techniques

Learn stretching techniques you can do at work, home, or in the car. Stretching will help you improve your flexibility and release stiffness and stress. Fee: \$30.

KSTT-1A 18yrs+ M 1/27-3/10 6-7pm KRC

*no class on 2/17

Pilates/Mat Sciences with Desiree Lewis

Gain strength, flexibility and vibrant health as you practice mindful movements that are derived from yoga, dance and sports rehab conditioning. All fitness levels welcome. Fee: \$55.

*Bring mat or beach towel.

KPLT-1A 16yrs+ T 1/14-3/4 9-10am KRC

Karate

Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and patch available first day of class for \$35. New student orientation at 5:30pm on first day of class. Fee: \$35.

KKAR2-1A 12yrs+ T/Th 1/2-1/30 6-7:30pm KRC

KKAR2-2A 12yrs+ T/Th 2/4-2/27 6-7:30pm KRC

KKAR2-3A 12yrs+ T/Th 3/4-3/27 6-7:30pm KRC



Advance Registration Required

**Kiwaniis Park Recreation Center
6111 S. All America Way, Tempe**

Phone: (480) 350-5201 TDD: (480) 350-5050

Register online at: www.tempe.gov/pkrec/krc

